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INTRODUCTION

"All your power within you, you can do anything"

Swami Vivekananda.

Youth are the most viable and potential human resource, not only in terms of population structure but also in terms of social structure in a country. A nation cannot achieve its human goals unless its youth receive proper and integrated bio-social development. Any nation's greatest asset and strength is its youth. The quality of a country's youth is an important predictor of its future.

Youth have opportunities and responsibilities to actively participate in national growth and shape the nation's destiny. The concerns of youth are numerous and their hopes are inevitably growing in a world with a fantastic history and more hope for the future and as a result, there is a need to establish growing chances to develop personalities and capacity to work and to be more economically efficient and socially valuable. Life Skills are the abilities that enable young people to achieve total wellbeing and competence as they face challenges in life. They are the start of wisdom, which focuses on behaviour change or a developmental method to address a balance of knowledge, attitude, and skills. Individuals can use these Life Skills to translate their knowledge, attitude, and values into actual ability.

The National Service Scheme (NSS) was established in 1969 with the main goal to encourage the youth to a positive sense of self-esteem and character via volunteering community service. The goal of NSS is "Education through Service." The idea of Mahatma Gandhi serves as inspiration for the NSS's ideology. NSS as a credit-based elective subject in the higher education system, the Ministry of Youth Affairs & Sports (MYAS), GOI, has developed a template of the NSS curriculum that it provides opportunities to college and university students to shape youth personalities and improve life skills through community service. NSS is a playground for the youth to develop their capabilities and abilities to acquire life skills namely personality development, cooperation skills, communication skills, social skills, creative skills, etc. it has its own identity and to enhance and instills social responsibility among the volunteers, also volunteers can be encouraged to participate in NSS so that their energy can be utilized for the healthy purpose for developing a strong nation. The NSS camp molded volunteers to face any challenges .

The National Service Scheme is a turning point for the youth; it joins students' brain alterations with the all round development of ethical values. The volunteers in the National Service Scheme gain the ability to analyze the concerns and demands of society. The volunteers gained knowledge from experience and are now helping to guide the future in the present. Considering India's progress in higher education, the National Service Scheme has proved critical role in society, community involvement in social activities, and voluntary participation in social activities. The National Service Scheme bridges the gap between villagers and volunteers, pen and packers, knowledge and actions, college and universities which connect the volunteers. The NSS experiment tries to close the knowledge gap between theory and practice. It is essential that NSS training provides both a sense of duty to serve society and a few marketable life skills. Prospects are extremely positive due to the NSS young volunteers' unlimited energy, persistent dedication to their goals and beliefs, and indomitable youthful spirit. Students could be empowered by NSS to empower the country.

The impact of NSS programmes on NSS Student Volunteers and the Community at large with special reference to NSS activities in the University of Pune Jurisdiction, Ahmednagar, and Nasik Districts. The study discovered that NSS activities resulted in a significant increase in self-confidence, communication skills, social commitment, problem-solving skills in personal and public life, and a positive attitude among NSS student volunteers. The student Volunteers felt fulfilled because of their involvement in nation-building programmes. Members of the community acknowledged the influence of NSS activities through increased awareness of health and environmental concerns, improved social behavior and understanding of the causes of pollution.(Dhananjay Lokhande .2006).

According to Minati Saha(2019),NSS volunteers took part in community projects like building roads, protecting the environment through plantations, building water-harvesting structures, etc. They organized activities to raise money for the victims of natural disasters. NSS volunteers may contribute to a decrease in crime against women, girls, and all other vulnerable groups in society by raising public awareness of the social and economic problems that exist.

Kiran Khandare and Priti Desai (2016) stated that NSS camps serve people and groups and are also completely accessible to their individual and collective power, allowing them to use it to interact with others or the larger community. As a result, personal growth is possible. The NSS camp activities unquestionably strengthen the qualities of teamwork, cooperative working, and

communication skill and above all permit the youth to be a part of the community and understand their needs, problems and socioeconomic status to manage their life in the future.

The objectives of the study are to:

- Analyze the socio-economic profile of the volunteers.
- Examine the knowledge of NSS among the volunteers.
- Identify the life skills acquired by the volunteers after joining in NSS.
- Document the participation of the volunteers in the NSS programme.
- Assess the attitude towards NSS among volunteers and
- Observe the challenges faced by the volunteers in NSS.

Formulation of Hypothesis

- There is a significant difference among the volunteers on life skills acquirement between Assam and Tamil Nadu.
- There is a significant difference in the personality development of the volunteers before and after joining the NSS.
- There is an association between the life skills gained by the volunteers in both states.

Need of the study

- NSS is not only an extracurricular activity in the true sense; it is a programme to study people and life through active participation. After reviewing the literature, it has been found that little research has been undertaken in the evaluation of the impact of the NSS programme.
- The study will help to examine the usefulness and impact of the NSS activities among the NSS volunteers as well as in the community.
- The study will assist in the analysis of the factors that led volunteers to enroll in NSS as well as volunteers' positive and negative attitudes toward NSS.
- The study will help to know about the life skills transformation before and after joining NSS and how the NSS volunteers gain knowledge about different people from different walks of life and
- The NSS is a nationalized scheme. The study will also help policymakers to identify the difficulties experienced by volunteers and it will enable them to develop the programme more effectively.

Hence, the researcher likes to know the transmission acquired through NSS among the volunteers

Limitation of the study:

- The study excludes the non-NSS volunteers .
- The research work restricted only four Colleges and Universities in two states.
- The programme, activities and strength of the volunteers keep updated in NSS every year.

REVIEW OF LITERATURE

The reviews of literature are discussed under the following concept as follows:

A. Concept and role of Youth for National Development
B. Concept of life Skill
C. The basic concept of NSS
D. Related Research Studies

METHODOLOGY

The current study of the research entitled on "Lifeskill enrichment of the Volunteers through National Service Scheme" is described under the following headings:

PHASE I: PREPARATORY STAGE

a. Research Title
b. Research Design
c. Selection of the Study Area
d. Selection of the Sample and Size
e. Developing Rapport Building
f. Selection of the Method and Tools

PHASE II: DATA COLLECTION STAGE

a. Conduct of the Pilot Study
b. Obtaining Ethical Clearance for the study
c. Period of the Study
d. Collection of Data
e. Selection of Variables

PHASE III: ANALYZING STAGE

a. Analysis and Interpretation of data

The descriptive survey method was used to conduct the present study. The sampling procedure adopted for the current study was proportional random sampling. The areas selected for the current study were from two different states namely Assam and Tamil Nadu. In Assam two districts namely Jorhat and Golaghat were selected for the study and from each district, one college and one university were selected. From Golaghat HPB girls' college and Jorhat Assam Agricultural University were selected. Coimbatore districts from the state of Tamil Nadu were selected as another area for the present study, from where the sample was chosen from Avinashilingam University and Tamil Nadu Agricultural University.

A total of 600 NSS volunteers were selected as a sample for the study, of which 358 volunteers were female and 242 were male volunteers. The questionnaire was framed by the researcher on the assessment of life skills among the NSS volunteers. A well-structured questionnaire by using appropriate scaling methods to elicit information on the enrichment of life skills gained in NSS, knowledge on NSS, hobbies of the NSS volunteers, participation in NSS activities, attitude towards NSS, Challenges faced by the volunteers.The researchers applied a self-formulated 5 and 3-point Likert scale to examine the life skills among the volunteers before and after joining NSS and also analyzed the attitude and advantages of NSS among volunteers. The pilot study was conducted among 20 volunteers in Tamil Nadu and Assam to examine the impact of NSS on their knowledge, behavior and practices in day to day life.

An independent variable is a factor that the investigator measures, manipulates, observes, and selects to determine its impact on an observable occurrence. Independent variables that the researcher considered in the study namely age, gender, caste community, religion, types of house, home location, source of income, annual income and head of the family.

The dependent variables were considered to see the impact of NSS on life skill enrichment before and after joining NSS among the volunteers. Life skill Assessment scale Designed by Rensis Likert, this is a very popular rating scale for measuring ordinal data in social science research. Likert scale was used to range the opinion and attitudes of the NSS volunteers. Along with each statement, a five-point Likert Scale of Strongly Agree, Agree, Neutral, Disagree and Strongly Disagree was given to enable the respondents to record their degree of favorableness or unfavorableness towards each statement. The Likert scale was framed by the researcher to assess the life skills among the NSS volunteers that they have acquired before and after joining the NSS. The lifeskills were namely Emotional Management Skills; Social Skills;

Conflict Management Skills; Personality Development Skills; Enhancement of Academic Performance; Acquired Leadership Qualities; Cooperating Skills; Decision Making Skills; Negotiation Skills; Communication Skills; Empathic Abilities were constructed for the present research.

The data were statistically analyzed the percentage analysis used to examine the demographic profile and to analyze the factors that motivated the volunteers to join the NSS. The data were analyzed using a paired sample t-test, which is a statistical method used to determine whether the mean difference between two sets of observations is zero. In the current study, a paired sample t-test has been used to check the significant difference between life skills such as personality development skills, communication skills, emotional management skills, social skills, negotiation skills, leadership skills, creative skills, and so on, among the volunteers before and after joining the NSS. The factorial analysis was attempted to determine the factor-related attitude towards NSS of the volunteers. By using Garrets' ranking, the challenges faced by the volunteers in NSS were identified.

RESULTS OF THE STUDY

Demographic profile of the volunteers

The demographic profile of the NSS volunteers in the state of Assam reveals that thirty percent of volunteers were under the age group of 17–18 years, and thirty-five percent were in Tamil Nadu. In Assam, sixty-six percent of volunteers were male, followed by fifteen percent in Tamil Nadu. Forty-seven percent of volunteers in Assam and fifty percent of volunteers in Tamil Nadu were Hindu. Thirty-four percent of the volunteers in Assam and sixty-four percent of the volunteers in Tamil Nadu were from the OBC community. Glancing at the types of houses, twenty percent of the volunteers stayed in bamboo houses, followed by Tamil Nadu, where one hundred percent of the volunteers stayed in cement houses. Fifteen percent of volunteer families in Assam and thirty-three percent of volunteers' heads of families were found to be working in the government sector. Regarding family size, fifty-two percent of the volunteers in Assam and seventy percent of the volunteers in Tamil Nadu were from small families. Thirty percent of the volunteers from Assam and twenty percent of the volunteers from Tamil Nadu had a low-income group head of the family (50,000 Rs. and below per annum).

Knowledge about NSS among the volunteers

Cent percent of the volunteers from both states were aware of the establishment year of NSS in India, the father of NSS, the motto of NSS, the date and month of the NSS day celebration and the duration of the NSS special camp. Seventy percent of the volunteers from Assam and eighty percent of the volunteers from TN have the proper knowledge about the duration of NSS regular activity.

Motivating Factors to Join in NSS

Seventy-seven percent of the volunteers stated that they had joined NSS for personality development and fifty percent of the volunteers joined for serving community work and to improve their self-confidence. Sixty-five percent of the volunteers stated that they joined NSS to acquire problem-solving skills whereas five percent of the volunteers joined NSS because they were forced by family, friends as well as by teachers.

Communication skills practiced by the volunteers

The communication skills practiced by the volunteers have found that out of nineteen statements namely, they were good speaker; they can clearly explain their point of view to others; showed interest to listen when other person talked; they have looked at the people when they were speaking; became a active listener; treated others respect when they were talking; never incorporate in between when someone is speaking; never hit or slap when they were angry; their anxiety and nervousness never affect their communication skills; they were good observer; they improved their body language while talking; they were good criticizer; they spoke politely and they had good tone of voice was found to be significant at a 1% level in both states. Whereas a highly significant difference was observed with the statement that they try hard to get something they want (Assam-29.521 and Tamil Nadu-33.637).The statement "they gave time to speak to others" showed a 5% level of significant difference between the two states. No significant differences were found between the two statements in both states in Assam i.e. putting into the way that made the volunteers feel comfortable (t value -.800)" and in Tamil Nadu, it was difficult to talk with an unknown person" (t value was -1.606).

Personality development through NSS

Nineteen statements of personality development were formed to analyze the changes that occurred in personality development among the NSS volunteers between two states before and

after joining the NSS, The thirteen statements namely the volunteers can manage everything; had faith in other's decisions; they were understood others emotion; communicated well with all; determined to do right things; think before doing any activity (it found the highest significant difference in Assam where t value was(103.181); loved to spend time with nature; unable to adjust with small issues in life; treating others as they like to treat; they became debater; always had a smiling face and they were more ambitious revealed a 1% level of significant difference, in Tamil Nadu it has found that the statement got upset easily expressed that highest significant difference(t value 62.855). Being quiet when others were shown 5 % of significant difference in Tamil Nadu. The statement "kind of reserve person" was found non-significant before and after joining the NSS among the two states. This might be due to the reason that the volunteers were already open-minded so after joining the NSS they did not find any dissimilarity. The statements that the volunteers were aware of and always rude to others showed no significant difference among the Tamil Nadu volunteers and Assam, who never ignore problems found to be not significant (t value of 0. 21) after joining NSS.

Leadership skills acquired by the volunteers

The leadership skills acquired by volunteers between Assam and Tamil Nadu it has found that nine statements namely having acceptance quality; having a friendly relationship with team members; being stable with their decision; they can control their anger when team members do something wrong; can control and manage people; they can take any decision without consulting with others; they can answers quickly if team member asking any doubt; able to speak boldly without any fear was found to be significant at one percent level. Whereas five percent level of significant differences was found in Assam for the statement namely they can adjust with different kinds of people; provide emotional motivation to a teammate; they can encourage others. The seven statements stand alone when problems arise; have the courage to acknowledge their mistake; became a planer; ready to face challenges immediately; can inspire all; they were a good decision maker" and can lead any team or group .in Tamil Nadu five percent of the significant level in the statements that lead any team or group. Both states found to be statistically not significant between acquiring leadership through NSS in the statement that they can work towards a specific goal which had set for themselves.

Emotional management by the volunteers

Emotional Management by the volunteers found that thirteen statements were found to be statistically significant at a 1 percent level between both states they were namely they were able to manage their emotions; they understood their own emotions(found the highest t value-43.591 in Assam); keep calm where they were angry; aware of their mood while doing any work; prefer to keep their emotion in private; tolerate negative in social interaction; in critical situation they never got nervous; keeping happy themselves happy always they can make other people feel comfortable; able to express their feeling in word; showing emotional goodwill to others; have the patience to listen toa fellow being. In Tamil Nadu, the highest t value was-36.547 found in the statement that they can understand others' emotions.The volunteers from both states showed significant at a five percent level in the statements that they never criticize others and also that volunteers from Assam showed the same significant difference in the statement that they enjoyed the company of their friends. The volunteers from Tamil Nadu reported that there was no significant relationship between emotional management and NSS by the volunteers with the statements that volunteers understand their emotions; they can control their frustration all the time and they know how to control their anxiety in public. However, in Assam, on the statement of "trying to find solutions to challenges by myself," there was no significant relationship.

Social skills gained by the NSS volunteers

Social skills gained by the volunteers before and after joining the NSS depict that all the thirteen statements were found to be significant at a 1 percent level between two states they namely helped friends if they were in trouble; they can adjust in any situation(the highest significant difference found in Assam t value – 34.444); established and maintain close friendly relationship with peers; maintain eye contact while speaking with others people; good in communication skill; expressing positive feelings to others(the highest difference found in Tamil Nadu t value – 28.818); interacting well in a group setting; actively participating in group activities; not throwing their temper in public; expressed getting to others; an apology for their own mistake; interacting with stranger properly. The volunteers from Tamil Nadu reported a significant five percent level in the statements, observing any matter from another person's perspective while performing NSS activities. The volunteers come into contact with a variety of people of different personalities, and they must adjust to other people's perceptions and accommodate other views.

The volunteers from Assam showed the same difference in the statements that they were networking with others quickly and easily and interacting with strangers properly. The same has been observed for the study that the volunteers from both states show that there was no significant relationship between social skills and NSS on the statement in learning good manners this might be the reason that the volunteers already had good manners and after joining NSS they did not find any major difference.

Attitude towards NSS among the volunteers

The factor loading attitude towards NSS of the selected NSS volunteers the total Eigen values of factor I has significant loading for 15 factors namely, NSS is necessary for our society; NSS is not necessary for college students; helpful for personality development; it development self-confidence; helps in socialization; provide wide experiences in life; NSS does not improve literacy; helped to increases positive thinking; feel proud for joining the NSS; it helped the NSS volunteers to live independent life; NSS helps the volunteers to gain mental strength; it does not provide a change from routine classroom learning; it helps to organize economic development activity in the community, it helps to realize the importance of hard work; It assists the NSS volunteers to develop the knowledge the level; and allowed them to learn and adopt others' culture, language, and food habits. These factors explain about 45.391 Percentage of variances in the selected variables. While looking into the other counterparts (factor II) it shows that the 19.439 percent of variance where Eigenvalues were 5.637 of the selected 5 factors namely, helps the volunteers to improve their thinking skills; it does not help to change their behavior; helped in social adjustment; it has helped to realize the importance of family; it helps to explore the inner talents. Factor III has significant loading on 3 variables namely, feel proud for joining NSS; part of the curriculum and the NSS camp provides an opportunity to adjust and get adopted to a new challenging situation and these variables explained about 11.624 percent of the variance. The last factor revealed that only one significant loading percentage of variance was were 3.977.

Participation of volunteers in NSS activities

All the volunteers from both states (100%) participated in Swachh Bharat mission programmes, tree plantation programme, and cleaning schools/hospitals/Roads. etc Gandhi Jayanti celebration, NSS Day celebration, whereas in Assam seventy-five percent of the volunteers had participated on distributed food in flood affected area because flood is one of the major challenges which has

faced in Assam people and NSS takes a great part to provide essentials in needy people, eighty percent of the volunteers provided flood awareness programme in Assam. Half of the volunteers (fifty percent) from Assam did not participate in Swachh Pakhwada programmes and sixty-six percent of the volunteers did not participate in breastfeeding awareness programme. Eighty percent of the volunteers from TN participated in Unnat Bharat Abhiyan programmes and ninety percent of the volunteers did not provide vocational training to the rural people.

Challenges faced by the volunteers in NSS

Regarding the challenges faced by the volunteers, it was found that the majority (1st rank) of them stated that the time duration is not enough for the special camp because they have spent seven days in a special camp where they were unable to improve their talents or explore their capabilities. Conflict among team members at the special camp found to be the 2nd challenges faced by volunteers in NSS. Absence of positivity of the team members stated as 4th rank by the volunteers, lack of co-operation with the community (12th rank), regretting participating in special camp (13th rank), and lack of funds from governments and non-government organizations (14th) faced by volunteers as they were stated.

CONCLUSION

The National Service Scheme has shown a vital role in society, community involvement in social activities, and volunteer engagement in social activities. Volunteers' engagement in natural calamities is a reflection of their desires and shows the concerns of effortlessness in society. NSS is a platform where the volunteers can explore their skills, knowledge and creativity; it helps the volunteers to grow individually as well as in groups. The NSS imparts a positive vibe among the volunteers, on the other hand, volunteers stated that they still faced many challenges in NSS activities and volunteers need appropriate policy strategy to make it effective as well as to overcome all the challenges faced by them. The youth are the most energetic and vibrant segment of the organization.NSS special camps helped to expose the realities of life; NSS activities and programmes allowed volunteers to improve their strengths, lessen their weaknesses, create possibilities for future development, and moulded them to face any obstacles in life. NSS provides volunteers with the opportunity to improve their social skills, such as group adjustment, cultural adaptation, and involvement in group activities, which all aid in their ability to socialize more effectively. Like in other countries, in India youth have the great potential to address the country's continuing and intergenerational developmental difficulties. Former NSS

volunteers have a higher sense of community connection and are more empowered to help and participate in community work.

RECOMMENDATIONS

- The number of days meant for camp should be increased.
- The volunteership should be extended till post-graduation.
- Interested NSS alumni may be allotted to perform the NSS activities.
- In the school curriculum, NSS should be added and motivated the school children to learn the values.
- During working days at least two days must be allocated to carry out NSS work.
- The educational institutions may encourage them to carry out the research work in NSS.
- Fund allocation should be enhanced.

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